

SLEEP RESTORATIVE TRAINING

In an atmosphere of intense activity and noise, a man finds a place to sit comfortably or lie down. Within minutes, he is deeply asleep. In less than thirty minutes, he awakens - or earlier if his name is called - instantly fully awake and alert. His mental and physical energy levels are similar to those following many hours of typical sleep. He can perform this "catnapping" at will - whenever and wherever he so needs or desires.

He has had Sleep Restorative Training (SRT) - a process whereby the individual learns to drop immediately into deep sleep of a quality that maximizes not only his physical and mental relaxation, but rapidly restructures and balances his vital energy resources, a change that occurs leisurely during normal sleep.

Further, SRT also teaches the individual to "compress" his sleep mode into a fraction of his normal requirement with a minimum loss of effectiveness. Finally, it establishes a total "memory" of the process within the individual, so that under his own control, he can awaken quickly into full consciousness at the end of his compressed sleep period.

SRT effectiveness, like most acquired skills, is contingent upon the frequency of actual use after the initial training session. If reinforced by such use at regular intervals, no further retraining should be necessary. However, as assurance that adequate reinforcement does take place as needed, SRT electronic units may be deployed at suitable levels of command for such purpose. For those who have received SRT, no further instruction is required in the use of the SRT unit.

The SRT device permits the wide training and application of the process with a minimal instruction in its use. Virtually the entire

training system is incorporated into a single electronic unit. Thus training can be performed singly or in groups, and at widely dispersed and different sites. It can be added to existing training programs or as a direct implement where it is urgently needed.

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